



FIESTA TIME IN BERNAL!

Take a break and celebrate while spending some quality time with your neighbors at the 4th Annual Bernal Heights "Fiesta on the Hill" on Saturday, October 24th from 11:00 am to 6:00 p.m. at the Bernal Playground.

The entertainment is sizzling, the food is exotic, and the fun will be unforgettable.

Headlining this year's FIESTA are the recording artists called the BLAZING REDHEADS. They call their music "Rhythm-Fusion" a fusion of rhythm-based musical styles, drawing roots from African, Latin, Jazz and Rhythm & Blues. Regardless of what they call their music, this all women

band, who have been together the last five years, makes you not want to stop dancing.

San Francisco's own, LOS COMPAS, will be adding salsa to the show will some salsa caliente dancing music. Since 1985, this vibrant sextet conjunto has performed a wide variety of music including Tex-Mex, Salsa, and Latin Jazz. So get ready to merenque, cumbia, and salsa the day away.

Also performing will be R-MOCUE which originally started out in 1977 in the Noe Valley as the band "Full Swing". They bring a full nine member band with a

- continued on page 6...

¡TIEMPO DE FIESTA EN BERNAL!

¿Está usted cansado de todas las reuniones y demostraciones en Bernal? ¿No le gustaría tomar un descanso y celebrar todo lo que se ha obtenido a pesar de los tiempos difíciles, y pasar un buen tiempo con sus vecinos? ¡Bien, tenemos el lugar exacto! Es la Cuarta FIESTA EN LA COLINA Anual de Bernal Heights que se planea para el Sábado 24 de Octubre de 11:00 a.m. a 6:00 p.m. en el Playground de Bernal. Nuestra diversión es chispeante, la comida es exótica, y la diversión será inolvidable.

- continua en pag 11



S.F. Giants outfielder Mike "Tiny" Felder takes a break with a group of young ballplayers from Bernal Heights. These Bernal youth were invited to the annual PG&E/Giants Baseball Clinic in conjunction with PG&E's award of \$1,000 to the BHNC's Youth Outreach/Gang Prevention Project.

Photo By Mauricio Vela

Reaching Out to Youth Gang Prevention Project Begins in Bernal

by Mauricio Vela
Center Director/
Community Organizer

After two years of asking the Mayor's Office to expand the Mayor's Gang Prevention project into Bernal Heights, the Bernal Heights Neighborhood Center (BHNC, with combined funding from the BHNC, Neighborhoods In Transitions - A Multi-Cultural

Partnership (NIT-AMP) project, and the Summer Youth Employment and Training program (SYETP), inaugurated our own version of a Youth Outreach/Gang Prevention Project in late July. The goal of the project is simply to reach out to at-risk youth at their favorite locations, and provide them with information regarding positive alternatives and support. The secondary goal is to

educate the community that there are other alternatives to calling the police. Youth and Neighbors are all Bernal neighbors and we need to work together to find solutions.

A team of community organizers consisting of Mauricio Vela, Clo Dow, and Sean Roberson targeted four specific locations. The Bernal Playground with a

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People on the Hill



Fr. James E. O'Malley, Pastor of St. Kevin's Church celebrates his 25th year of service in the community.

Keeping the Faith for 25 Years

For as long as anyone can remember, Fr. James E. O'Malley has been the well loved and respected pastor of St. Kevin's Church on Cortland Avenue. This year, he celebrates his 25th year as the parish's pastor and 25 years of successfully being an integral part of the spiritual guidance and community service on the Hill.

When Fr. O'Malley arrived in Bernal Heights in October of 1967, St. Kevin's Church was under going a change. At that time, the church decided to focus its attention towards dealing with the community problems of the inner city. Fr. O'Malley immediately became active in developing and nurturing many programs that greatly enriched and benefitted the diverse neighborhood of Bernal Heights.

He encouraged his staff and the members of his congregation to become leaders in their own church and become active participants in the church's new mission to help the community. As a result, a much needed pre-school, the Headstart Program, became housed at St. Kevin's. English Classes were introduced to assist non-English speaking residents in breaking language barriers. A summer program that offered all neighborhood children educational and recreational activities became the highlight of many young lives. The Bernal Heights Senior Program found its beginnings at St. Kevin's Church in 1978, providing hundreds of congregate and home delivered meals to the community's elderly. Teenagers found friendship, support and guidance through the St. Kevin's Youth group (SKY) and their musical and liturgical participation in the Saturday and Sunday masses made them feel accepted and important. Fr. O'Malley was also active and

- continued on page 4...

Art on the Hill



"Lavinia," 1990, glass mosaic by Diana Rossi

40 artists living and working in Bernal Heights will participate in the 17th Annual San Francisco Open Studios...see page 6

new Bernal Journal

515 Cortland Avenue, San Francisco, CA 94110
(415) 206-2144

The *New Bernal Journal* is a bi-monthly (6 issues) neighborhood newspaper sponsored by the Bernal Heights Neighborhood Center. It is dedicated to providing the people of Bernal Heights with community news, ideas, issues, and events that support the Center's mission: "To empower people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic condition of low and moderate income people in Bernal Heights." The *New Bernal Journal* is distributed door to door, free in Bernal Heights. Articles express the views of contributors and not necessarily those of the Bernal Heights Neighborhood Center.

For Advertising Call: 206-2144

Next Issue: Dec. '92/Jan. '93. Deadlines: Editorial/Submission: 11/13/92
Advertising Reservation: 11/20/92. Camera Ready Ads: 11/27/92
We reserve the right to edit for clarity or space.
Circulation for this issue: 8,000

New Bernal Journal Staff/Volunteers

Editor Vicki Victoria
Photography Mauricio Vela
Art Production Victoria Graphics
Distribution David Rogers & a cast of hundreds!
Contributors Helen Helfer, Mauricio Vela, Jeanette Conley, Barbara Pitschel, Jacqueline Letalien, Jessica Murray, Marta Johnson, Mindy Linetzky
Spanish Translation: Carmen Muñoz, Leah Lujan

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Letters

Thank You Christmas in April Volunteers!

On behalf of the Board, staff, and the nearly 2,000 volunteers of Christmas in April *San Francisco, we want to thank all the wonderful Bernal Heights neighbors for their hard work and the warm reception they gave us on April 25, 1992, on our home renovation day.

Twenty-three Bernal homeowners welcomed volunteers into their homes, and many Bernal residents generously and enthusiastically volunteered to work that day - in the homes at the picnic, our headquarters at the Bernal Heights Neighborhood Center, the Precita Neighborhood Center, Holly Courts, and the

Peralta and Nevada Street garden projects. Other neighbors made the volunteers feel welcome with their friendly greetings as they passed by the homes and facilities we were renovating.

We look forward to returning next April 24, 1993 to renovate additional homes in Bernal Heights, when we will also work on homes in the Mission and OMI neighborhoods. Anyone interested in receiving an application for next year's program, or volunteering, or just finding out more about our program, please call our office at (415) 905-1611. We'd love to hear from you.

Heartfelt thanks go to Mike Noon and Mindy Linetzky of the Bernal Heights Housing Corporation, Lisa Steadman of the Bernal Heights Open Space Committee, and Bebe Chastin and Gloria Buck at Holly Courts. Your neighborhood should be proud of you for the hard work and long hours you put in to help ensure the success of Christmas in April *SF's 1992 program. Also special thank you's to Helen Helfer and Stella Loaisiga, Vicki Victoria and her seniors, and the Bernal Heights Housing Corporation's Board for their enthusiastic support.

Christmas in April *San Francisco would not have had such a successful program in Bernal Heights without the support of all the Bernal Heights neighbors. THANK YOU EVERYONE!

- Dave Powell, President
Sam Lawson, Executive Director
Marta Johnson, Program Assistant

Corrections

From "Who's Park is it, Anyway?" (Harrison/Ripley Street stairway article appearing in the Aug./Sept. '92 issue of the NBJ):

"The Planning Commission told the developers that they would approve the subdivision and the development of the lots if one of the lots was made into a park."

Terry Milne informs us that the lot that the park was built on is city property and *not* a private lot that was given up. We apologize to Mr. Milne for quoting him in error. We also apologize omitting the last portion of the article which basically invites neighbors interested in maintaining and beautifying their park to contact Jane Wrench at 285-7443.

- the Editor

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Bernal Heights Housing Corporation Celebrates First Year

By Helen Helfer, Executive Director

On the occasion of completing our first year, I want to thank everyone in the community as well as affordable housing advocates throughout the city for your support, criticism, and advice. Looking back over the year, I'm particularly proud of the following accomplishments:

(1) BHHC established a new, very hard working Board of Directors and Advisory Committee, including: Diane Ross, Sylvia Yee, Gerald Whitehead, Charmaine Curtis, David Trotman, Tony Rodriguez, Carren Shagley, Chad Hamilton, Demece Garepis, Martha Kegel, Shelby Kennedy, Stephanie Smith, Buck Bagot, Richard Allman, Reed Grier, Stuart Stoller, and Ruth Morales. And, of course, our hard working staff: Stella Loaisiga, Loan Processor; Mike Noon, Housing Rehab Director; Mindy Linetzky, Community Organizer; Carol Corr, Special Needs Coordinator; Ron Bedford, Housing Projects Manager; and Jeff Bachman, Fiscal Manager.

(2) Because of BHHC's efforts, Bernal Heights was selected as Christmas in April's 1992 San Francisco neighborhood. Hundreds of neighbors and volunteers from around the Bay Area converged on Bernal for a full day of enormous rehabilitation work on 23 homes, as well as the Holly Court Recreation Room, Precita Center's gym, and public gardens throughout the community.

(3) BHHC bought our first four-unit apartment building on Moultrie Street which is now being thoroughly rehabili-

tated with funding assistance from the Mayor's Office of Housing and Wells Fargo Bank. Working with Progress Foundation, a mental health advocacy and social service agency, the units will be home to 10 people who can live independently in the community. This is our first special needs housing project, and we are currently exploring new opportunities in Bernal as well as the Outer Mission. An Open House for "Moultrie Street House" is scheduled for early December, and all neighbors are welcome.

(4) BHHC met twice with Mayor Jordan as well as neighbors who opposed Market Heights (our proposed new construction project on Putnam/Tompkins Streets). The Mayor strongly supported a compromise of 46 units of affordable

housing on the unused hillside behind the Farmer's Market parking lot, and put that support in a letter for State monies. Unfortunately, we did not receive that funding, but have since crafted a first-time homeownership program for families in the \$29-59,000 income bracket. After we win the "L NO" Campaign November 3rd, we're planning a public forum to answer neighbors' questions and provide everyone with the latest information on Market Heights, particularly for neighbors now renting who'd like to buy one of these homes.

(5) We've launched an "L NO!" campaign which will be on the November 3rd ballot. The purpose of Proposition "L" is to prevent low to moderate income families from owning homes on the unused

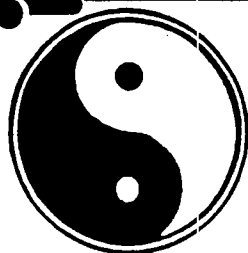
hillside at Putnam and Tompkins Streets. Proposition "L" would preclude any construction on that hillside for 20 years, an area never used - and not usable - by the Farmer's Market. We urge all thoughtful voters to vote "NO" or Proposition "L". (Please see related article and list of "L NO" endorsers).

None of the above work this year could have been accomplished without support from the Community Development Block Grant Program administered through the Mayor's Office of Housing, as well as grants from the San Francisco Foundation, Home Depot, and the Bay Area Housing Support Collaborative. Thank you all, and I look forward to an even more productive year - after November 3rd! Remember to vote "L NO!"



BHHC Staff, Board, family and friends.

Photo by permission of SF Examiner: April 26th, 1992 Photo by Craig Lee



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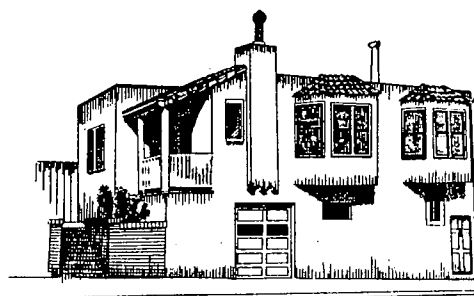
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Jill Wynns for School Board, 221-2551

Christmas in April Returns to Bernal Heights

The green T-shirts of the Christmas in April*San Francisco volunteers will be seen again next April 24, 1993, when Christmas in April returns to Bernal Heights to do free home repair and renovation work for about 10 Bernal Heights homeowners. Any low-income, elderly and/or disabled homeowner living in the neighborhood who needs work done on his or her home is eligible and encouraged - to apply for the program.

In addition, Christmas in April will work on homes in the Mission and the Oceanview-Merced-Ingleside (OMI) neighborhoods in 1993.

Christmas in April*San Francisco is neighborhoods, business, and labor, skilled and unskilled volunteers, all working together in the

tradition of an old-fashioned barn raising. It is a program of "neighbor helping neighbor." Since the first program in San Francisco in April 1990, 4,000 volunteers have renovated 13 nonprofit facilities and 85 homes.

Working closely with the Bernal Heights Housing Corporation this past April, Christmas in April*SF renovated 23 homes in the Bernal neighborhood. (An additional 10 homes were repaired in the OMI neighborhood.) The enthusiastic volunteers applied many coats of fresh paint, built new stairways and fences, fixed minor plumbing and electrical problems, installed hand rails and grab bars, cleaned out garages and back yards, and hauled away lots of trash. A portable wheelchair ramp was built for one homeowner.



VOTE "L NO" !!!

Proposition "L" is a fraud.
It should be retitled "The Keep Families Out Initiative".

The purpose of Proposition "L" is to prevent families from owning homes on a hillside next to the Bernal Heights Farmers Market. **This hillside has never been used and cannot be used by the Farmers Market.**

The unused hillside is a neighborhood eyesore, fire-hazard and has been used as an unofficial dump. It is this "dump-site" that the proponents are trying to "protect". We encourage all San Francisco voters to come look at the hillside, clearly visible from Freeways 101 and 280.

For over two years, the Bernal Heights Housing Corporation, a non-profit neighborhood organization, has met with neighbors, farmers, and the City to develop a plan which would be acceptable to all. However, a small group who are against all affordable housing in our neighborhood, continue to oppose all housing plans. They obtained the signatures for Proposition "L" using the phony slogan of "save the farmers market". Proposition "L" would ban all construction on land near the Market specifically the hillsides which have never been used and cannot be used by the market.

This fraud has no place in San Francisco.

The families who will live in these homes are working residents of San Francisco. They will purchase these homes and provide an economic base for the neighborhood, including the Bernal Heights Farmers Market. **The Farmers Market will continue to operate, as it always has, where it always has.**

Let's Stop the Fear and Stop the Fraud. Vote "L No" on November 3rd.

Supporters of "L No!" (partial list)

San Francisco Democratic Party San Francisco Republican Party San Francisco Green Party Supervisors
Kevin Shelley, Carole Migden, Roberta Achtenberg,
Willie Kennedy, Terence Hallinan, Angela Alioto and Jim Gonzalez
Honorable Nancy Pelosi; Sheriff Michael Hennessey; Tom Ammiano, SF School Board
National Organization for Women; League of Conservation Voters; San Francisco Tomorrow; Greenbelt Alliance;
National Women's Political Caucus; Bay Area Council; Coleman Advocates for Children & Youth; Chamber of
Commerce; Council of Community Housing Organizations; Affordable Housing Alliance; SPUR; SF Tenants
Union; Neighbor to Neighbor; Coalition on Homelessness; Bernal Heights Housing Corporation; Bernal Heights
Neighborhood Center; Haight-Ashbury Neighborhood Council; Leland Yee, S.F. School Board; Jim Lazarus,
Chief of Staff-Mayors Office; Amos Brown, Third Baptist Church; Sue Hestor; SF Labor Council AFL-CIO; SF
Building Trades; Carpenters Locals 22 & 2236; Tile Layers Local 19; Residential Builders Association; Bernal
Heights Democratic Club; Arts Democratic Club; Alice B. Toklas Democratic Club; Northside Democratic Club;
Latino Democratic Club; Robert F. Kennedy Democratic Club; District 8 Democratic Club; City Democratic Club;
John Maher Irish-American Democratic Club; Raul Wallenberg Jewish Democratic Club; Chinese American
Democratic Club; Harvey Milk Progressive Democratic Club; Richmond Democratic Club; Supervisor candidates
Sue Bierman, Cleve Jones, Jose Medina, Barbara Kaufman; BART Board candidates Andy Nash & Dr. Jim Haas;
School Board candidates Antonio Salazar-Hobson & Enola Maxwell; Community College Board candidate Chuck
Ayala; and many others.

To volunteer and help with the campaign, contact:

Neighbors Against Deceptive Initiatives - L No!

3311 Mission Street, Box 120 San Francisco, CA 94110 206-2156



**STOP THE FEAR!
STOP THE FRAUD!**

Fr. O'Malley

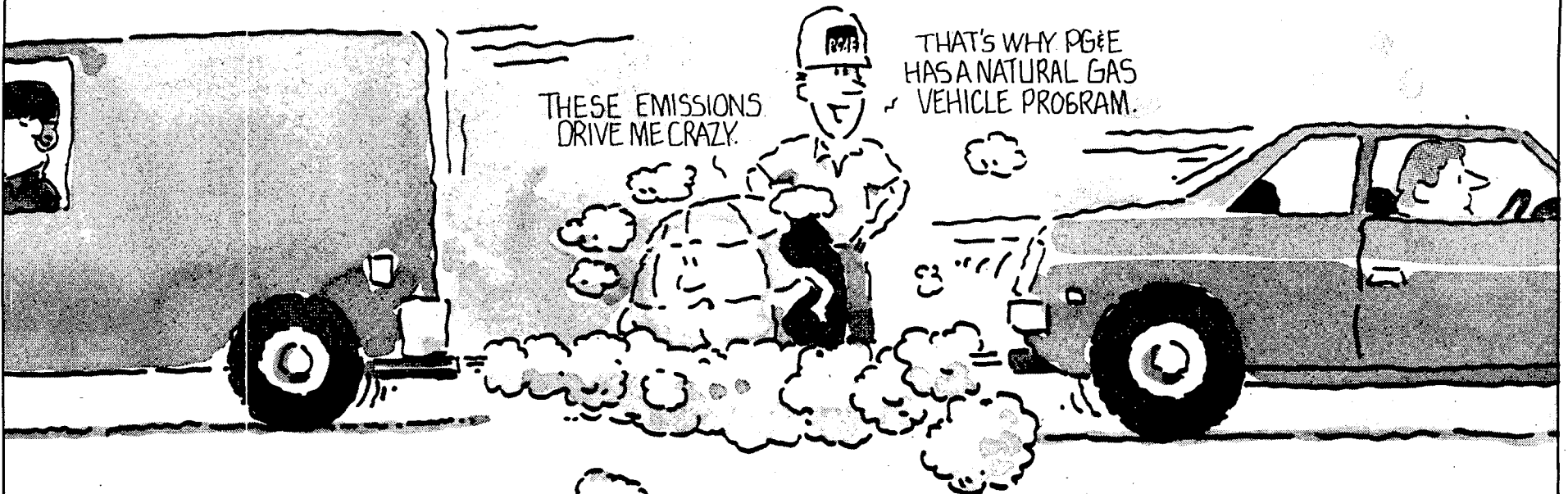
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instrumental in helping neighbors to establish what is now the Bernal Heights Neighborhood Center.

His congregation is as diverse as the Hill itself. The church has a very large and active Filipino and Hispanic participation, due to the multi-cultural sensitivity practiced by Fr. O'Malley. Under his guidance, the Filipino-American Association was organized and the addition of a Spanish Mass and social each Sunday made all people feel welcome and a vital part of the parish.

Fr. O'Malley's success and longevity as pastor can be attributed to his genuine love for others and his unique ability to inspire people into moving in directions that benefit the community. A "Quarter of a Century" celebration of for Fr. O'Malley will be held at St. Kevin's Church on Sunday, October 4th beginning vespers in the church at 4:00 p.m., followed by a pot-luck and party in the Parish Hall on Ellsworth Street off Cortland Avenue.

By Vicki Victoria



PG&E is a national leader in the development of natural gas vehicles. In the next ten years, PG&E hopes to help put 125,000 such vehicles on the road. The biggest beneficiary of this program will be the atmosphere.

Natural gas burns much cleaner than gasoline, dramatically reducing harmful emissions. It can even lower vehicle maintenance costs and reduce dependence on foreign oil.

Much of the environmental improvement will be achieved by converting traditional gasoline powered engines. But PG&E is also helping major auto manufacturers design vehicles specifically to run on natural gas.

And PG&E is working with major oil companies, setting up a system of natural gas fueling stations around Northern and Central California for commercial use.

The program is not just for

PG&E vehicles. Entire fleets of commercial vans and trucks will be making this change. It's clearly a change for the better.

The natural gas vehicle program is just one part of PG&E's commitment to a cleaner environment. And it may be the single best way to put the quality back in air quality.



At your service.

SMARTER ENERGY FOR A BETTER WORLD



Fiesta on the Hill

- continued from page 1...



dynamite horn section. They play a 70's style "Funk - R & B" type of sound which features classics from "Tower of Power" and the "Spinners". For all of you thirtysomethings this is your band.

Returning from last year is HARVEY. Founded in 1980, in Bernal Heights, Harvey brings in a fast and loud "Hard Rock" sound. The three members who are brothers, Doni, Chris, and Regi, call their music "Metal Romance". They're expected to release their 4th record in January of 1993. I let you decide what to call their music.

In addition to the outstanding musical line up, we will have food from many different cultures and backgrounds, community information tables, and a full range of children activities. Arts & Crafts will be on display and sold at the event and the FIESTA will also feature the Dunking

Booth, with a special guest in the booth.

The FIESTA is also one of the Bernal Heights annual fund raisers. Proceeds from this years event will allow the BHNC to continue its' organizing work such as keeping the Library and BofA Bernal branch open and organizing neighbors to fight to maintain and increase services which improve the quality of life in Bernal.

The FIESTA Committee can use your donations and help. Committee meetings are held every Wednesday from 6:30- 7:30 pm at the Bernal Playground. Subcommittees consist of the Ad book, Publicity, and the Day of Show committee. The Day of Show committee is broken down into many smaller sub-sub committees such as children activities, security, stage management and others. If your interested and want to help or perform call FIESTA coordinator Jayne Sal-



The Blazing Redheads highlight the live music entertainment at the Bernal Heights "Fiesta on the Hill."

inger at 206-2143. Don't forget to bring your extra pair of dancing shoes on October 24th!

Fiesta on th Hill, Saturday, Moultrie Street off Cortland Avenue. Admission free. p.m., Bernal Playground, - Mauricio Vela

Open Studios

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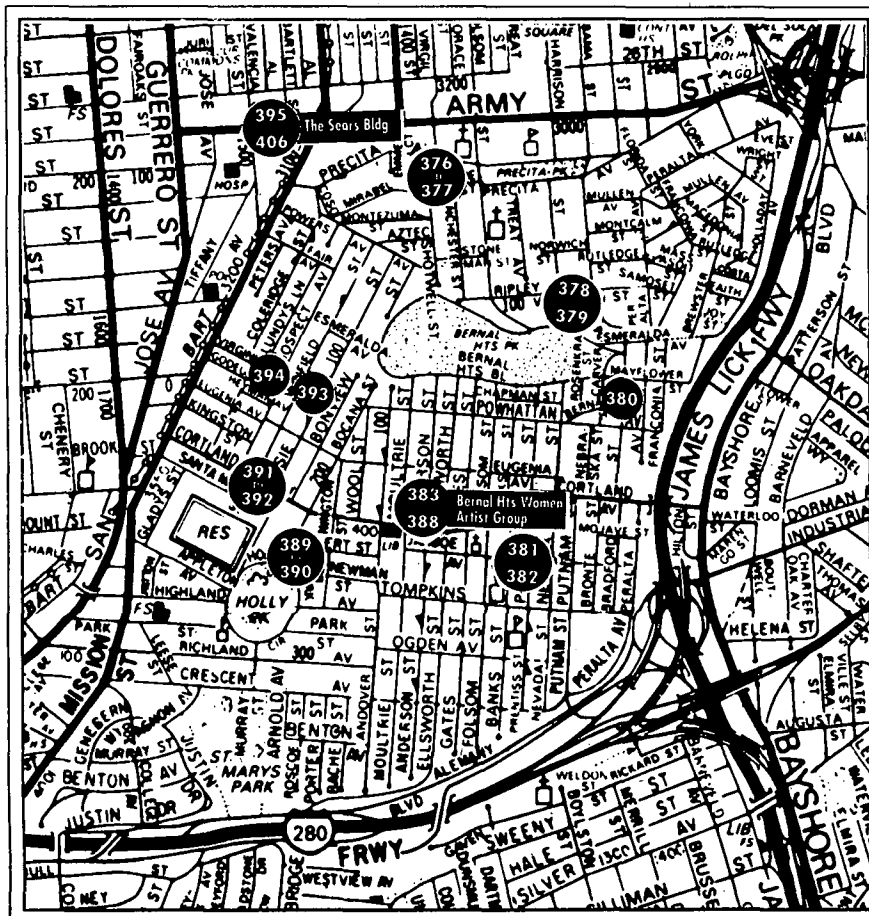
Unlike the commercial setting of a gallery or the formal setting of a museum, San Francisco Open Studios is a fun and free event that offers everyone from the art collector to the art novice, an exciting chance to view the creative process first-hand. Bernal Heights neighbors are invited to enjoy the opportunity to meet Bernal artists in their living and working environments, from the converted warehouses to the living room of a Victorian home.

Diana Rossi, a Bernal Resident of 5 1/2 years, will feature her whimsical, small scale glass mosaics in her home and studio at 53 Prospect Avenue (at Virginia). "Not that many people came from the hill last year," remembers Rossi, "You'd think there would be more - Open Studios is a nice walk around the hill." It is the hill that attracts Rossi the most the Bernal Heights, "It makes the city more human having the hill right here." Originally a student of Printmaking at the San Francisco Art Institute, Rossi feels that the size of her small Bernal studio lead her to working on a small scale. Meticulously working with tiny pieces of stained glass, she creates mosaics that are rich with deep colors and very labor intensive. "The work goes very slow - but it's also very meditative and I find it soothing."

Nina Glaser will open her home at 219 Holly Park Circle (at Highland) to welcome her neighbors on the hill. Glaser's black and white photography depicts the human condition using nudes to convey her messages. An accom-



Nina Glaser's photography will be displayed at her home at 219 Holly Park Circle.



- 376 JAMES J. GLEESON 148 Precita Ave / Shotwell St, Painting
 377 LINDA SCHREIBMAN 148 Precita Ave / Shotwell / Army Sts, Photography
 378 D. LEE BENSON 174 Ripley St / Folsom / Alabama Sts, Painting
 379 DIANE FLYR 174 Ripley St / Folsom / Alabama Sts, Painting
 380 J. C. OREGON 62 Bradford St / Mayflower, Mixed Media
 381 BRUCE BOTT 385 Prentiss St / Jarboe / Cortland Sts, Printmaking
 382 DANIELE DESPLAN 385 Prentiss St / Cortland / Jarboe Sts, Mixed Media
 383-388 BERNAL HEIGHTS WOMEN ARTISTS GROUP
 515 Cortland Ave / Andover St
 LINDA ABRAHAM, Painting
 TAMA BLOUGH, Drawing
 JESSIE S. BUCKLEY, Mixed Media
 BEVERLY CAREY-KOENIG, Ceramics
 DIANA D. CORBIN, Wearable Art
 SUSAN ST THOMAS, Painting
 389 NINA GLASER 219 Holly Park Circle / Bocana / Cortland Sts, Photography
 390 PATTI LEVEY 219 Holly Park Circle / Bocana / Cortland Sts, Photography
 391 LINDA ROSS LARSON 79 Santa Marina / Elsie St, Painting
 392 MICHAEL LARSON 79 Santa Marina St / Elsie St, Painting
 393 MARY ANN HAYDEN 157 Winfield St / Virginia St, Painting
 394 DIANA MARIA ROSSI 53 Prospect Ave / Virginia / Coso Sts, Mixed Media
 395-406 THE SEARS BUILDING
 3435 Army St / Valencia St
 ELLERY AKERS, Painting
 L.I. ALTWATER, Painting
 MARI ANDREWS, Drawing
 JANE BAKER, Painting
 CHRISTINE CARIATI, Painting
 NORMA VINCENT GREEN, Painting
 REYA KENT, Painting
 LYNNE LA FRANCHI-WOCHNER, Painting
 LINDA HOPE SYMONDS, Printmaking
 JANNA WALDINGER, Photography
 BRUCE WEINBERG GRAPHICS, Printmaking
 ROBERT WINDLE, Painting

plished photographer, she was featured in San Francisco Chronicle and Examiner Image Magazine and was also the S.F. Bay Guardian's 1991 Goldie Winner for her striking, honest black and white work.

The Bernal Women Artists Group will display their works at the Bernal Heights Neighborhood Center at 515 Cortland Avenue. This collective effort will feature painting, ceramics, mixed media and wearable art. To find out about other studio locations throughout the city, directory exhibits and opening reception, contact Open Studios at 861-9838.

Bernal Heights Open Studios, the weekend of November 7th & 8th, 11:00 a.m. - 5:00 p.m. Admission is free and reservations are not required.

- By Vicki Victoria

Bernal Heights Open Studios Map

Bernal Heights Neighborhood Center & S.F. Recreation & Park Department Presents the

4th Annual Bernal Heights

FEST!

ON THE HILL



LIVE
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FOOD
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VISUAL
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Saturday • 11:00 - 6:00

CHILDREN'S
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AND
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OCTOBER 24, 1992

Bernal Heights Playground

(Moultrie Street at Cortland Avenue)

FEATURING THE **BLAZING REDHEADS**

ALSO FEATURED: **LOS COMPAS**

RAMOCUE • HARVEY • PLUS MANY MORE!



Bernal Heights Neighborhood Center

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FOR MORE INFO CALL THE BHNC: 206-2140



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Carpentry, tile, drywall, painting, woodworking and finished carpentry. 7 years experience. Local references and reasonable rates. Call Brad, 954-4228.

Furniture stripped and refinished: Excellent work quickly done, e.g., dresser w/mirror \$150, with pick-up & delivery. Jim, 621-4390.

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Window Repairs: Replace broken glass, ropes, and putty. Small carpentry and household repair jobs. Free estimate. I am always on time. City Window Service. 337-9327.

Carpenters/Handymen. Remodeling and repair. Doors, drywall, decks. Windows, woodwork, whatever. Reasonable rates, references. Free estimates. Call Dan, 648-4326 or Mike, 626-9021.

Amir Window Washing Company. Free estimate. Inside, outside, homes, shops, all glass. Neat and reliable. 826-8958 ask for Amir.

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Affordable San Francisco Homes! I'm a Realtor helping first-time buyers like you find a home from \$100K to 199K in San Francisco. Call Kristin at Brown Bear Realty, 285-5700.

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Custom upholstery and/or slipcovers. Excellent work quickly done, photos & references. Jim or Kris, 621-4390/824-1180.

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Daycare Cooperative in Bernal Heights. Children ages 1 1/2 to 3 years. Parents work 1 day/week. \$175/month. Call Little People's Workshop, 648-5156.

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Children and Herbs. Class at Bernal Heights Library, October 21, 1992, 6-7 pm, free, sponsored by Emerald Grove - FYI 647-6556, Jeanette Conley, RN.

VOLUNTEER OPPORTUNITIES

Helper needed for grocery bag distribution to low income elderly in Bernal Heights. 3rd Wednesdays, 10:00 - 2:00 each month. Pick up and load/unload food donations and assist in coordinating sorting and bagging. Your help a few hours a month will make a difference for many senior citizens in our community! Contact Vicki at the Bernal Heights Senior Program, 206-2145.

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TOTAL _____ words @ 20¢ per word = \$ _____
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20 word minimum. Hyphenated words count as 2 words. A phone number counts as 1 word. Placement order of an ad is at random at can not be requested. If you desire a tear sheet after publication, send a self-addressed stamped envelope and include a \$2.00 handling fee with your payment. If we misprint your classified ad and the error affects the value or content of your ad, we will repeat a corrected version in our next issue. **PLEASE PRINT CLEARLY!**

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BERNAL CALENDAR

• **Native American Tales**
Wed., Oct. 21, 7:00 p.m.
Deans Keppel will sing and
tell Coyote and Medicine Man
stories as part of the library's
Multicultural Storytelling
Festival. *Bernal Branch
Library, 500 Cortland Avenue.*

• **Mural Walks** - Every Sat-
urday, ongoing, 1:30 p.m. Pre-
cita Eyes Mural Arts Center
will lead walking tours of
Mission District Murals with
introductory slide presentation
by a muralist. \$3 general, \$1.00
children, students & seniors.
348 Precita Avenue, 285-2287.

• **Fiesta on the Hill** - Sat.,
Oct. 24th, 11:00 - 6:00. An-
nual Bernal Heights Festival
features live music, arts, booths
and community information.
Bernal Playground, 206-2143.

• **Musée de Noel** - Nov. 5,
10:30 a.m. Luncheon and
Silent Auction fundraiser to

help restore the Pediatric Unit
of St. Luke's Hospital. Won-
derful items will up for silent
auction: trips, wine and un-
usual services. *Grand Ball-
room, Sheraton Palace.*
Tickets \$50-\$65, 641-6538.

• **Open Studios** - Nov. 7 &
8, 11:00 - 5:00. Artists living
and working in Bernal Heights
will open their homes and
studios as part of the city-wide
S.F. Open Studios. Call
861-9838 for more info.

• **Champagne Bingo** -
Sunday, Nov. 8th, 12 noon. Win
\$30.00 per game. Homemade
sandwiches, desserts will be
served. Tickets: \$10.00,
St. Kevin's Parish Hall,
Ellsworth Street off Cortland
Avenue, 648-5751.

Announcements for Bernal
Calendar are due the 15th of the
month preceding publication and
are printed as space is available

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\$35 Regularly
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Complete oral exam
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Teeth cleaned
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OFFER EXPIRES 11/30/92

Youth and Senior News

Achievements...



Adesina Stewart-Schneider, Oronde Johnson, Carlos Bonilla, Carmelinda Mann, Anthony Hopkins, and Debbie Carpenter (not pictured) all completed an important educational landmark during this past year - they graduated from high school or passed their GED exams while working at The Good Life Grocery store on Cortland Avenue. Carmen will be presented with her fourth Good Life Scholarship Award on Saturday afternoon, October 24 at the Bernal Heights Fiesta on the Hill. A reception to honor all of the students will be held at the store on 448 Cortland from 2:00 - 5:00 p.m.

The Good Life Scholarship Award is presented to graduating seniors who maintain a C average or higher, pursue vocational or higher educational training and who have worked at The Good Life in good standing for two continuous years. Each year of work earns the student \$250.00 towards their scholarship fund. The first award recipient, Ron Wilson, received \$1,000.00, the maximum award, toward his education at Grambling University. Ron returns to work at The Good Life during Christmas and summer vacations. Our second recipient, Kenya Williams, is now attending Howard University in Washington, D.C. At the Potrero store, Susana Sanchez will receive her third Good Life Scholarship award during the Potrero Hill Festival on October 17. We invite you to join with us at the reception to congratulate these young people who have worked hard to serve you while completing school.

- Lester & Karen Zeitman

Issues of the Nineties A Weekly Senior Discussion Group

Retired senior citizens looking for in depth discussions on "Issues of the Nineties" are invited to meet Wednesday mornings from 9:30 until 11:00 at the Bernal Heights Senior Program at 515 Cortland Avenue. Seniors who enjoy good, in depth conversation and thoughts are encouraged to participate in this weekly discussion group.

The weekly discussion group is part of the "Lively Learning" class which is just one of 39 non-credit classes of the Older Adults Department of San Francisco City College held senior centers throughout the City. There are no requirements to enroll in the class and no fees to pay. To participate, simply attend a class and fill out a registration card.

"Lively Learning" classes are held on Wednesdays between 9:30 and noon. The class is taught by Diane See who opens with the discussion group followed by moderate exercise with music and rhythm and nostalgia singing.

For information about "Lively Learning" or other Older Adult classes, call Department Chair Terry Bloom at 550-4384 or call the Bernal Heights Senior Program at 206-2145.



Victor Tulier, Ado Gallegos and Anita Provost enjoying lunch and lively conversation at the Bernal Heights Senior Program.

Activities for Seniors

• **Christmas in April Presentation** - elderly, low income or disabled residents can receive free home repairs and renovations through this unique program that brings hundreds of volunteers into the neighborhood to repair your fences, stairways, plumbing, electricity and more. *Wed., Oct. 7th, 12:30 p.m.*

• **Time of Your Life Expo** - Don't miss the biggest entertainment and information event for seniors in the world! The Expo includes free samples, celebrities, bands, crafts, health checks, giveaways, samples, singalongs, seminars and more. The Bernal Heights Senior Program will take you to this spectacular event, free, on *Saturday, October 31st, 11:00 a.m. to 5:00 p.m.*

• **Birthday Party & Dance** - Dance to live music by Johnny Vallelunga & His Band. Celebrate Halloween by coming in costume and win a prize! *Monday, Oct. 26th, 10:00- 2:00, St. Kevin's Hall, Ellsworth Street off Cortland Avenue.*

• **Reno!** - Only \$41.00 includes roundtrip bus, over night accommodations at the Sundowner and casino cash refunds totalling \$28.00. Seats are limited. *Sunday - Monday, November 15 & 16.*

All activities/presentations are free and are held at the Bernal Heights Senior Program, 515 Cortland Avenue, unless otherwise noted. For more information, call 206-2145.

Reaching Out to Youth

- continued from page 1...

notorious reputation as a location for accepted alcohol and drug usage was selected as the first target. After some street contact with youth who use the facility, the team set up a meeting with youth, neighbors, and Rec. & Park officials for July 29, 1992. The result was five out of six panelists that night were African Americans and one of the five was a youth representative. Fifteen additional African American youth showed up to support their representing and Rec. & Park agreed to open up Bernal Playground Tuesdays & Wednesdays nights until 9:00 pm. Rec. & Park also committed to repairing the weight room immediately and providing women's aerobics and modeling classes at the playground. Currently the BHNC is coordinating our 4th Annual Fiesta On The Hill for Saturday, October 24, 1992 at the Bernal Playground.

The second target was a group of youth who hung out at a "Hot House" on Peralta near Mojave. A "Hot House" is a house that usually is popular for youth and a nuisance for neighbors. The Peralta and Mojave block club organized against the landlord to have the tenants improve their behavior or evict them. They also wanted the landlord to build a fence around his empty lot on Peralta that was being used as a dumping ground and a party location and short cut by the youth. The neighbors organized and picketed the landlords house in the Excelsior and the following Wednesday the fence was erected. The Youth Outreach/Gang Prevention team along with two Ingleside police officers met with fifteen youth who "hung out" at the Hot House and we found them to be very articulate and upset. The youth agreed to stop the noise at an earlier time both on weeknights and weekends. We

all agreed to meet with the neighbors at a later date. Prior to the next meeting, the tenants of the Hot House were evicted for failure to pay rent. The neighbors have both a quiet street and a their fence and the outreach team will attempt to contact the youth who attended the meeting and try to plug them into something else.

The third site was Fair and Peters where youth had been intimidating and hassling the neighbors. Before the outreach team arrived the Ingleside Community Police On Patrol (CPOP) had arrived and dealt with some of the problem. The outreach/gang prevention committed to monitoring the situation.

The fourth site was a "Hot House" located on Bocana. The neighbors formed the Bocana Street Neighbors group to support each other. Fortunately, the occupants of the "Hot House" moved. The neighbors are now working on a project to get to know and involved the youth in block activities. The outreach/gang prevention team is working to identify youth who want to help organized and work at a food booth at the 1st Annual Bocana Street Neighbors Garage Sale scheduled to take place on Saturday, November 7th, on Bocana between Cortland Ave. & Eugenia. Proceeds will go to the BEST program and the block's tree planting project. For more information call 826-3380.

All of the above situations are examples of how youth, neighbors, the CPOP program and BHNC's outreach/gang prevention project can begin to deal with our youth who have been neglected or lack positive role models. We need both your financial and physical support to improve the current Bernal plight of our youth. You can make a difference, donate, play volleyball or basketball Tuesday or Wednesday at the Bernal Gym, become a role model, or just give us call at the BHNC @ 206-2140.



The Peralta/Mojave Block Club picketed the landlord of the "Hot House" on their street.

Senior Lunch Program



Mon. 10/5 Baked Meatloaf
Tues. 10/6 Tahitian Chicken
Wed. 10/7 Sliced Turkey
Thur. 10/8 Beef & Macaroni
Fri. 10/9 Wienerschnitzel

\$1.25 suggested senior donation. Served at 12 noon, Monday-Friday, at the Bernal Heights Senior Program, 515 Cortland Ave., 206-2142.

Navidad en Abril Regresa a Bernal Heights

Las camisetas verdes de la Navidad en Abril*San Francisco se verán de nuevo en los voluntarios el próximo 24 de Abril, 1993, cuando la Navidad en Abril regresa a Bernal Heights a hacer reparaciones de casa gratis y trabajo de renovación para cerca de 10 dueños de casa de Bernal Heights. Cualquier casero con bajas entradas, mayor y/o incapacitado residente del vecindario

que necesite trabajo en su casa es elegible - y encarecido - a aplicar para el programa.

Además, la Navidad en Abril trabajará en casas de la Misión y vecindarios de Oceanview-Merced-Ingleside (OMI) en 1993.

La Navidad en Abril*San Francisco significa vecindarios, negocios, y trabajo, voluntarios con o sin experiencia, todos trabajando juntos en la tradición de una cos-

tumbre de antaño. Es un programa de "vecino ayudando al vecino". Desde el primer programa en San Francisco en Abril de 1990, 4,000 voluntarios han renovado 13 facilidades sin ganancia y 85 casas.

Laborando de cerca con la Corporación de Vivienda de Bernal Heights este pasado Abril, la Navidad en Abril*San Francisco renovó 23 casas en el vecindario

de Bernal. (10 casas adicionales fueron reparadas en el vecindario OMI). Los entusiásticos voluntarios dieron muchas manos de pintura fresca, construyeron nuevos peldaños y cercos, repararon problemas menores de electricidad y tuberías, instalaron pasamanos y barras de seguridad, limpiaron garajes y patios, y acarreararon montones de basura. Para un casero se construyó un declive portátil para silla de ruedas.

Nos complació mucho ver la respuesta entusiástica al programa de parte de los residentes de Bernal Heights, muchos de los

cuales se ofrecieron a ayudar a sus vecinos de Bernal. Esperamos ver aún más de ustedes el próximo Abril. Es una manera divertida de pasar un día, realizar mucho, y sentirse bien mientras usted está pintando o clavando.

Para más informes acerca del programa de reparo de casas, para recibir una aplicación, o para ofrecer su trabajo voluntario el 24 de Abril, 1993, llame a Navidad en Abril*SF a la oficina, teléfono (415)905-1611. Las aplicaciones también pueden recogerse en el Centro del Vecindario de Bernal Heights. EL último día para aplicar para el programa es el 15 de Diciembre, 1992.

Tiempo de Fiesta en Bernal *-continua...*

Encabezando la FIESTA de este año están los artistas de grabación los BLAZING RED-HEADS. Ellos llaman su música "RITMO-FUSION", una fusión de ritmo basada en estilos musicales, incorporando raíces de Africa, Latino America, Jazz y Rythm & Blues. Sin importar lo que ellos llamen su música, esta banda de sólo mujeres, que han estado juntas por los últimos cinco años, le hace bailar sin cesar.

El grupo de San Francisco, LOS COMPAS, cerrará la función con alguna música de baile de "salsa caliente".

También participará RAMOCUE, que originalmente comenzó en 1977 el el Valle de Noé como la banda "Full Swing". Ellos forman una banda de 9 miembros con una sección dinámica de corneta. Usan un estilo de los 70's "Funk - R & B" de sonido que enfoca clásicos de "Tower of Power" y los "Spinners". Para todos ustedes de más de treinta, ésta es su banda.

Regresando del año pasado está HARVEY. Fundado en 1980, en Bernal Heights, Harvey trae un rápido y ruidoso sonido de "Hard Rock". Los tres miembros, que son hermanos, Doni, Chris y Regi, llaman a su música "Romance de Metal". Se espera que ellos pongan a la venta su cuarto disco en Enero de 1993. Dejo a ustedes decidir cómo llamar su música... Además de esta sobresaliente lista musical, tendremos comida de muchas diferentes culturas y orígenes, mesas de información sobre la comunidad, y una extensa selección de actividades para los niños. Artes y Trabajos Manuales estarán a la vista y para la venta y la FIESTA también enfocará la Casilla Dunking, con un huésped especial adentro.

La FIESTA es también una colecta anual de fondos de Bernal. Las ganancias del evento de este año permitirá la BHNC continuar su labor organizadora como la mantención de la Biblioteca y la sucursal del Banco de America de Bernal abiertas, y organizar a los vecinos para luchar por la continuación y aumento de servicios que mejoran la calidad de vida en Bernal.

El Comité de la FIESTA puede usar sus donaciones y ayuda. Las reuniones se tienen cada Miércoles de 6:30 pm a 7:30 pm en el Centro del Vecindario. Subcomités consisten del Ad Libro, Publicidad y Comité del Día de la Función. El Comité del Día de la Función se divide en varios sub-sub comités como actividades para los niños, seguridad, dirección del escenario y otros. Si a usted le interesa, y quiere ayudar o participar, llame Jane Salinger, 206-2143.



SCHOOL BOARD CANDIDATES FORUM

Come meet the major candidates for the Board of Education

Sunday, October 11
3 p.m. to 5 p.m.

Bernal Heights Neighborhood Center
515 Cortland Avenue



SPONSORED BY
BERNAL HEIGHTS DEMOCRATIC CLUB
AND
BERNAL HEIGHTS NEIGHBORHOOD CENTER



Bernal Heights Neighborhood Center

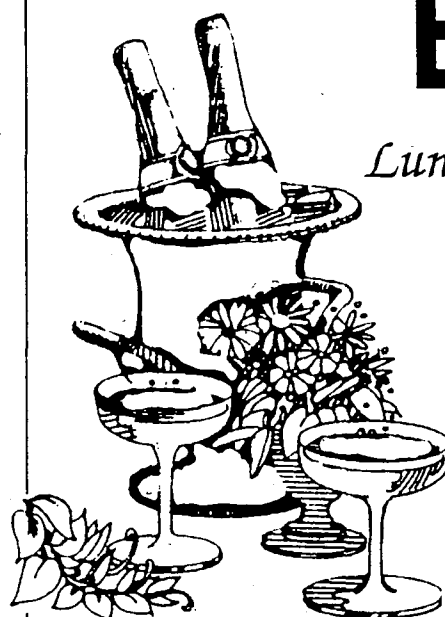
It takes many people to keep the Bernal Heights Neighborhood Center going. We'd like to thank everyone in our community, plus the corporate, foundation, and public sectors who contributed toward our work in 1992:

Home Depot
California Tamarack Foundation
Bank of America
Fannie Mae Foundation
Great Western Bank
PG & E
Hewlett Foundation
Commission on the Aging
Private Industry Council
Mayor's Youth, Employment, and Education Program
NIT-AMP
And the over 500 BHNC Members

Special Sunday Afternoon

Champagne Bingo

Luncheon & Boutique



Sponsored by the
St. Kevin's Women's Guild

Sunday 2:00 p.m.

Nov. 8, '92

Tickets: \$10.00 each
Good for 7 cards, 14 games

\$30.00 each game
\$2.50 good neighbors

Includes: Bingo, Champagne, Delicious Sandwiches,
Garnish, Homemade Cakes

Doors open at Noon

Food & Refreshments will be served starting at 1:00 p.m.

Come Early - Visit our Boutique!

St. Kevin's Parish Hall
Ellsworth Street off Cortland Avenue

Bernal Hilltop Natural History

Our Native Orchid

By Barbara M. Pitschel

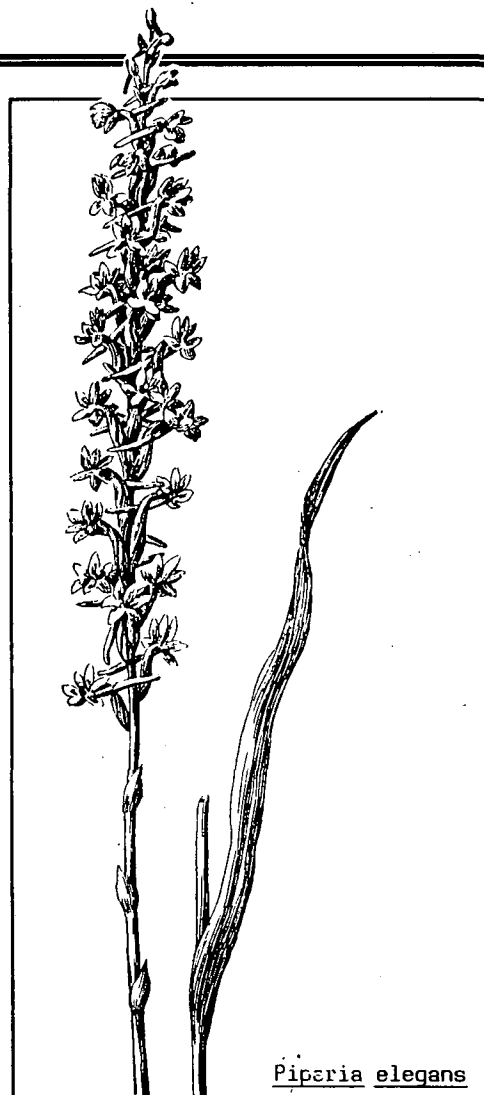
Autumn is a time of dormancy for our native grasslands, the period of rest toward the end of the dry season, prior to the revitalizing rains of winter. During this time our restoration work parties don't involve planting or much looking at the flora. These are the months during which we can concentrate our time on the removal of invasive weedy species that would otherwise smother the native plants that are prepared to germinate after the ground is saturated. This time when we don't see many native plants seems an appropriate time to tell you about a plant that I have seldom seen, our native green rein orchid, *Piperia elegans*.

Twenty years ago I was shown one of these orchids growing in a steep gully above the north side of Bernal Heights Boulevard. I have looked for other plants ever since, but never found any. Last year, while eradicating weeds on a steep slope above the seep area, California Native Plant Society president Jake Sigg discovered a small population of this species, and last month he found another very large, healthy stand of it. It is quite dormant at this time of year, so that he recognized it from its dried brown leaves. The reasons I have not seen it are (1) it is on a slope that is too steep for me to access, and (2) one needs to be very familiar with the plant's appearance to readily spot it. But just knowing that it has remained healthy on Bernal through the years is a source of great satisfaction.

For many years the species was known as *Habenaria elegans*. Recently, however, taxonomists studying this group of orchids have determined that all the *Habenaria* to *Platanthera* (native to wet meadows, including the Sierran species), or *Piperia* (coastal plants, such as those native to the Bay Area). The same study has shown California to be the center of distribution for the genus *Piperia*.

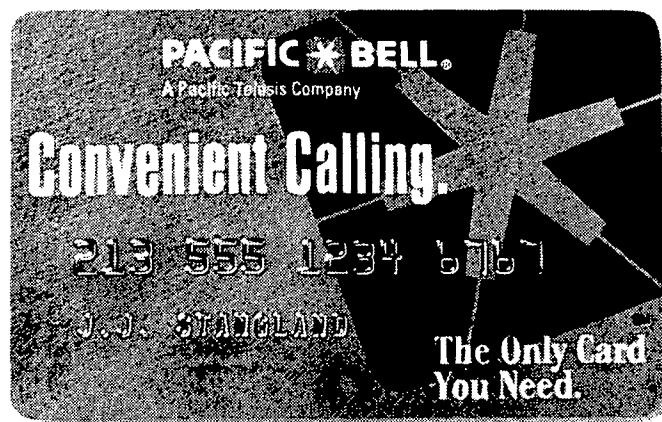
These are not orchids like the ones you had in your high school corsages! The native irises are much more showy than the native orchids. The rein orchid has inconspicuous little greenish-white flowers growing densely on slender spikes. In early spring rather large lily-like leaves unfurl from the underground tubers. These die back before the flowers finally appear in July.

These inhabitants of our coastal grasslands are not rare and endangered, but they are uncommon, and we are very fortunate to have remnants of a population on our hill. Join us on the third Sunday of each month for our native grassland restoration work parties. If you are sufficiently agile, maybe Jake will show you these plants. If not, you can enjoy the many easier-to-



see species with the satisfaction of knowing there are even greater treasures beyond your reach. Meet us at the entrance of the road to the phone company microwave tower at 11:00 a.m. Bring clippers. For more information call me at 282-5066. •

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City Views

Honey, I Shrunk the Government!

by Mark Mosher

With the state budget safely put to bed for another year, we can all get down to the real business at hand: paying the tab. In San Francisco's case, our portion of the check comes to \$64 million. That's how much state lawmakers cut from their contribution to the City.

Mayor Jordan recently took the situation in hand by asking department heads to make up the \$64 million through budget cuts or, if need be, staff reductions. Now, nobody likes budget cuts. But the doom and gloom forecasts of city department heads are somewhat exaggerated. The fact is \$64 million may sound like a lot to you and me, but it is just a little more than 2 percent of the gargantuan \$2.7 billion 1992-93 San Francisco City Budget.

San Francisco provides very high levels of service compared to other similar cities, according to a recent study by the non-partisan Mayor's Fiscal Advisory Committee. MFAC found, for example, that San Francisco spends more per capita on health and hospital services than 17 other comparable metropolitan areas in the U.S. This is because of the AIDS crisis, right? Not really, according to the MFAC: AIDS-related care represents less than 20 percent of the total public health budget in San Francisco.

Transportation is another example. Muni provides three times as much bus service per capita as do the other regions in the MFAC study.

The City's rich government service mix goes part of the way toward explaining why we have one city employee for every twenty-six local residents. But regardless of whether San Francisco really needs 26,000 employees to serve local residents effectively, we sure can't afford them all now. You see, San Francisco's city employees are also paid 43 percent more than their peers in the federal government.

As we go to press, Jordan's department heads have assembled their "doomsday" budget, which cuts about 500 city positions. Layoffs are nothing to make light of, especially in this economy. But San Francisco can no longer afford its enormous payroll, and 500 jobs represents less than 2 percent of the total City payroll.

Doin't get me wrong - I think the City's high service levels are great. If you've ever tried using public transit in Detroit or gone to a hospital in New York, you'll know what I mean. However, we have got to use our heads. Just three months into the '92-'93 budget, City Hall is already scaling back its projections for how much it will collect in property and payroll/gross receipts taxes. The bottom line: unless San Francisco changes its spending habits, \$200 million annual deficits will become the norm by 1996.

To avoid a real catastrophe, the City needs to learn to live within its means. The MFAC report is an impartial plan for putting the City on a fiscal diet. Some of the report's recommendations already are being implemented. Fees for some city services are being raised to reflect market prices. Others, such as reducing police costs by using civilians instead of uniformed officers where appropriate, will require working with labor unions to accomplish. Still others such as contracting with a private company to collect unpaid traffic fines, will require the support of city departments and commissions. The City could work to dispel its anti-business image in order to attract more private sector jobs - and the tax revenue they would bring with them.

By some miracle of foresight, San Francisco, and all other California cities for that matter, are prohibited from deficit spending. However, the City does have an almost unlimited ability to tax, which it does quite well - San Francisco's taxes on individuals and businesses are the highest in the state, according to MFAC. For a change of pace, San Francisco needs to try some belt-tightening because the bill is coming due and they don't take American Express. •



Walking Blues

Yahoo, Worms!

By Jacqueline Elizabeth Letalien

My partner recently learned of a modern, country tradition called a worm box. The purpose of this is to herd a group of worms into a box to compost. At first I was, well, resistant: "Yech, WORMS in a box on MY back porch! No way, no how!" I am worried they'll get out. My stomach turns at the idea of wiggly, slimy worms being anywhere near me in person or conversation. I've had a lifelong prejudice against worms, the effect of childhood stereotypes and pranks. Yet, I am a person who believes in composting so I didn't say anything like: "the worms move in, I move out!" (I also have no desire to leave my partner.) And, I am amused by the name of a local worm box company named "Yahoo." The box arrives and I refuse to look at the little, wormy wigglers. But each time I look at the box, I'd see the multi-colored letters that read "Yahoo." This brings a smile to my face just because of the inherent joy of the word.

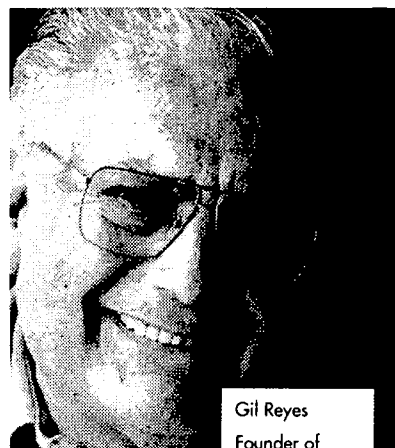
I am distracted from these musings by an assignment for another newspaper to interview Norma Jean Croy who's in jail and shouldn't be. To interview her I went to the prison which is the first time I've been inside one. The experience changes a person. All life's free moments become more precious, heightened.

The next morning when I go out on the porch, I feel the urge to say, "Good morning, worms!" I even permit myself to look at a worm and exclaim, "It's cute!" Now I think of the worms hiding in their box, working away at composting their weight in food. I imagine them saying, "Yahoo, garbage!" Who knows, maybe someday I'll be holding a handful of worms, exclaiming, "Yahoo, worms!" •

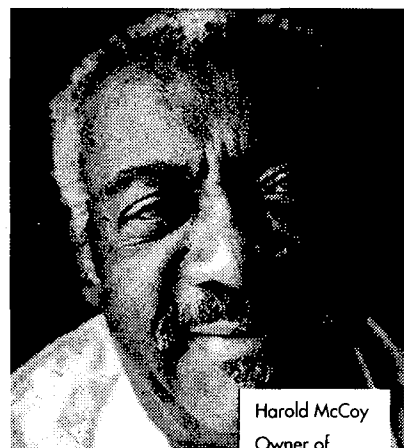
Who Cares if Businesses Stay in San Francisco?



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of Fishstrom
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Potrero Hill



Gil Reyes
Founder of
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Hunters Point
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Bayview
Hunters Point



Harold McCoy
Owner of
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Bernal Heights

We Do.

"When the city as a whole falls on bad times, it is our minorities that suffer the most. So, I see the first priority in helping our people is to keep businesses of all sizes in town and prospering. That's the best way to make sure that we have jobs, government services and a decent life for everyone."

"I've known

this city all my life. It used to have a Ford factory, seven breweries, foundries, machine shops and a lot of small businesses that are gone now. This diversity used to protect San Francisco from flat spots in the economy. We really need to hold on to our city's businesses to protect our economic future."

"When big businesses leave town, a chain reaction starts. Jobs are lost, especially for minority workers. That means less money spent in neighborhood businesses. So they fold. Governmental services are cut back. That's why we must support business development here in San Francisco."

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December '92/January '93

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Health Focus

Children & Herbs

By Jeanette Conley, RN

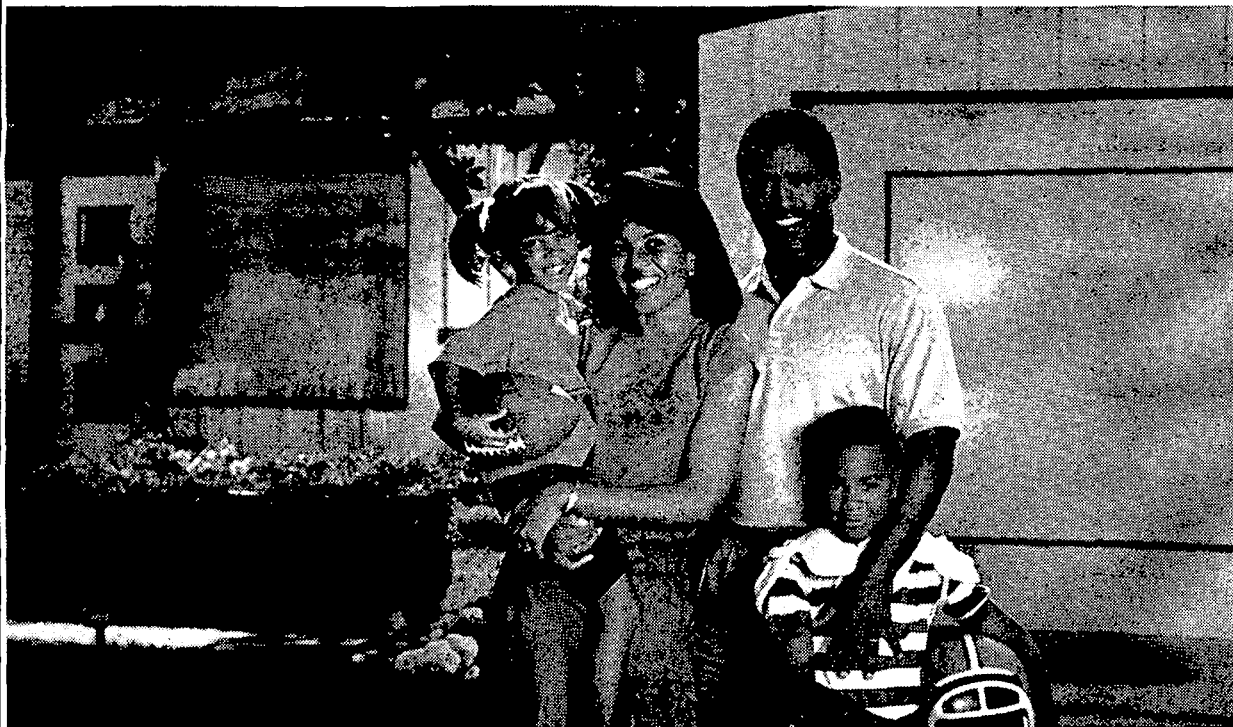
Many herbs can be used safely and effectively. Children are so susceptible to colds and flu's. They are frequently prone to ear infections due to the wind in the city. Many children pass these things around to other children when they play together. Standard medical treatment is to use antibiotics. Overuse of these treatments can wear a child's defenses down. Prevention is a key to raising healthy children.

Respiratory infections can be treated with immune stimulating herbs such as *echinacae* and *goldenseal*. *Echinacae* stimulates the T-cells and boosts the immune system into action. *Goldenseal* dries up the nasal passages and sinuses. These come together in combinations as herbal tinctures. The tinctures can contain alcohol or glycerine. For children, the alcohol can be dispersed by placing the tincture in a glass, then pouring boiling water over it.

Ear infections can prevail in this city due to the fog and wind. This damp cold that goes into children's ears can cause the mucous membranes to over excrete fluids. These fluids build up and cause congestion. Mullein and garlic compound is warming and softening of the mucous membranes of the ear. It disinfects and breaks up the congestion. It is to be warmed before using and two or three drops are to be dripped into the ear while the child is positioned on their side. They should stay on their side for about five to ten minutes. This is best done at night. Another effective treatment is to use ear candles. these slowly pull the wax out of the ear. You need to contact an experienced practitioner to learn how to administer this process.

Using these treatments early on with children you can prevent and stop oncoming symptoms before they develop into real problems. They are safe and can be used as a preventive measure. *Jeanette Conley RN will be teaching a class on Children and Herbs on Oct. 21, at the library. For more information call 647-6556.*

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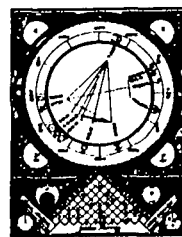


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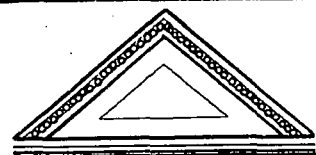


Astro Rap

by Jessica Murray

I wish I could say the prognosis looked good, but I can't, because it doesn't. Unless you look at things from the long view, which holds that when a society is decrepit and corrupt it's best to raze its structures and start from scratch — from which viewpoint things look great, for spiritual renewal on a mass level.

George Bush has some nasty-looking health transits that will peak early next year, but his planets around election time are better aspected than Clinton's. This does not mean his success is guaranteed. With Uranus and Neptune together in the sky, anything can happen. This will be the least predictable election period in recent history. Telluric activity (quakes, floods, hurricanes), a banking industry collapse, and eventually a revolution in the insurance industry are some of the surprises these two planets may signal late this year. The good news is far better than the bad news is bad. Enormous positive change will be shaken out of this calcified culture, whatever it takes. *Classes & Readings: 626-7795*



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What's Up And Down In Bernal Heights

by Mauricio Vela, Center Director/Community Organizer

Bernal Playground- Attendance is down at the Tuesday and Wednesday nights Volleyball/Basketball free play from 7:00-9:00 p.m. The Bernal playground committee fought long and hard to rid the park of alcohol and drug usage in the park and now they need your help to keep the park open as an alternative for our neighborhood youth. Get involved and be a role model while getting some exercise at the same time. Call Derick, 695-5007 or Clo, 206-2152 for more information. There are also afterschool activities for children.

Precita Park was cleaned up as part of the Precita Valley Committee's 1st Annual Graffiti Clean Up held Saturday, August 29th. Over 50 neighbors, children, and St. Anthony students and parents participated. Graffiti was painted out, streets steamed cleaned and swept, and the park sand was cleaned

and trash removed. Kudos to the committee members and all of the great volunteers. They are currently exploring how to work closer with the Bernal Dwellings. Meetings are the 2nd Saturdays at 10:00 a.m., St. Anthony's cafeteria. Call 285-4851.

North West Side - The 3317 Mission Street Tenants group are organizing to get their landlord to clean up his act and their building. Working with the BHNC and the St. Peter's Housing committee, the tenants are trying to get the landlord comply with an citation given in August of 1991. Some tenants have not have had heat for two or three years and building conditions pose hazardous risk to the numerous children and families living there. Kudos to the active tenants of this building who risk harassment and possible illegal eviction for taking a standing for what is right. *Si se puede!!*

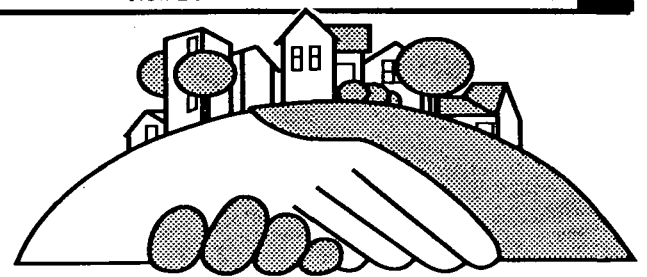
Richland and Andover Block Club is looking for ways to find a solution to a long term problem of run away cars coming down Richland Avenue and ramming either the houses or parked cars in this area. Another accident took place during the month of August. Possible solutions include making Richland one way, putting barriers in front of the houses or slowing the traffic with a stop sign at Richland & Murray (the Richland Ave block club supports this one. Call 282-5425 if you have any ideas or would like to help out.

Bank Of America - Bernal Branch bimonthly update - negotiations are continuing between the BHNC, Cortland Merchants, neighborhood senior citizens and the BofA to keep the Bernal Branch open. August was a great month with over 200 new account opened, meeting 20% of our community goal of 1,000 new account. September numbers were not as impressive. The BHNC, merchants, and seniors would like to see transfer accounts and saving accounts counted. We also would like to see the March deadline extended to the end of May. Nevertheless, the community along with the branch's staff need to get back on track and continue to encourage our family members and neighbors to open accounts. For the latest special new account offers, contact the branch at 622-4047.



Precita Valley Committee's Graffiti Clean Up held on August 29th brought youth and adults together to paint out graffiti and clean up Precita Park. The youth pictured here are painting out graffiti left by the "18th Street" gang on the corner of Precita & Folsom.

Photo by Bruce Parker



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SF Board of Supervisors:

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TERRENCE HALLINAN
CLEVE JONES
JOSE MEDINA

BART Board:

Bernal's Own
JIM HAAS

SF BALLOT PROPOSITIONS:

NO on K (Special H.M.O. District)
NO on L (Stop the Fear, Stop the Fraud)

STATE BALLOT PROPOSITIONS:

NO on 165 (Wilson's attack on the poor)
YES on 167 (Tax the rich initiative)

Board of Education Candidates Forum

Sunday, October 11, 3:00 - 5:00 p.m.

Bernal Heights Neighborhood Center

515 Cortland Avenue

The club will vote on endorsement for the Board of Education and the Community College Board, and possibly additional endorsements, following the forum.

Clinton/Gore-Unified Democratic Precinct Work

We need you to work on winning the November election. Call Bernal precinct coordinator Eve Sternberg at 826-2365.

VOTE!

TUESDAY, NOVEMBER 3, 1992

For more information on the Bernal Heights Democratic Club, call Buck Bagot at 695-0424.

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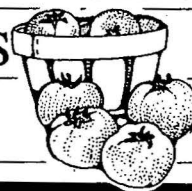
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